



## Kale Coleslaw

Check out this raw recipe, marinated kale cole slaw. Simply delicious and very nutritious.

Some of us who tried this recipe were shocked at how good it is. If you avoid kale because you don't like the taste or texture, try this and see if you agree how good it is. It is a creative way to introduce kale (which has lots of vitamins K, A, and C as well as calcium and protein) into your diet.

### Ingredients

1/2 bunch fresh, organic kale, de-stemmed & cut into thin ribbons (about 1 cup packed). Red or green kale  
1/8 head cabbage, shredded (1 1/4 cups)  
1 tomato, diced  
1/8 tsp. cayenne pepper  
2 Tbsp. red onion, finely chopped  
1/8 tsp. sea salt  
1 Tbsp. olive oil  
1 Tbsp. flax oil  
1 Tbsp. light miso  
1/2 Tbsp. fresh-squeezed lemon juice  
1/2 Tbsp. agave nectar  
1 tsp. onion powder  
1/4 tsp. mustard powder  
1/2 tsp. crushed garlic

### Preparation Process

Cut the cabbage into wedges. Slice the cabbage thin to shred it. Place the cabbage in a bowl.

Holding each kale leaf, remove the kale from the stems by pulling down. Discard the stems.

Roll the kale leaves, folding them up. Cut into ribbons, with thin slices. This will make the kale easier to digest. Add the kale to a large bowl.

Add the sea salt to the kale. Massage it with your hands for a minute. Let it sit.

Make the dressing: Combine the olive oil, flax oil, lemon juice, agave nectar, garlic, mustard powder, onion powder, and miso in a small bowl. Whisk.

Add the cabbage to the kale. Add the tomatoes. Mix it together.

Add the dressing. Mix well.

### **Bonus Items**

If you want to watch the video again, click [here](#).

Can't find miso locally? We found a lower salt version online. Click [here](#) to see the details.